



April 2004

Staff:

Lola Skolnik, Director, Levora President, Brenda Boykins, Rosario Dagenais, Anya Hoffman, Daisy Indrajo, Gladys Whitehead, Emma McClendon

Washington in Bloom Mini Trip, Tuesday, April 6, 2004, 10:00 am – 3:30 pm

What could be more spectacular than spring in Washington? Join us for an all day trip to see the cherry blossoms and the Smithsonian Natural History Museum. The newly opened Kenneth E. Behring Family Hall of Mammals invites visitors to explore the incredible diversity of mammals, including humans, and the processes by which they arose and continue to adapt. Seats are limited. Sign up early! Cost \$3.00 for transportation. Bring money for lunch at the museum's cafeteria.

Tax Free Tea Dance, Thursday, April 15, 11:00 am – 1:00 pm

Celebrate the end to this year's tax returns with a music and song. Dance to the sweet sounds of the JC Combo featuring vocalist, Dolly Bennof, from 11:00 am -12:00 pm. Bring your favorite CDs or tapes to play for those who just need to keep dancing.. Spectators are welcome. No tax, no fee.

Let Your Light Shine, Volunteer Appreciation Day, April 20, 11:00 am

Volunteers help the Senior Center in so many ways and greatly enhance our programs. Please come help us honor our wonderful volunteers. Musical program begins at 11:00 am.

Why not become a volunteer and see how good it feels to help? Here are some ways you can help:

- Volunteers needed to drop off flyers to local businesses and organizations in the community to help promote our programs.

- Craft Instructor, an opportunity to be creative and share your enthusiasm for crafts.

- Watercolor or Acrylic Painting Instructor to teach basic skills and techniques.

- Program Aide, bilingual English/Spanish to assist with oral and written translation.

- Coach, seated volleyball team.

Job Opportunity

Looking for a bilingual Spanish/English speaking person to support our growing Hispanic program. Hours are Monday – Friday, 9:30 am – 2:30 pm. For more information call Lola Skolnik, Director.

Introducing New Staff Members

Anya Hoffman and Daisy Indrajo join our Senior Center Staff this month. Look for them on Fridays. Please stop by and say hello.

April Highlights

Speakers, Entertainers and Special Events

Thursday, April 1, 11:00 am Hats and Head Adornments

Join artist Donna McKee from Arts for the Aging for a creative session making head garments.

Friday, April 2, 10:30 am First Friday at the Movies

First Friday at the movies will feature academy award winners and nominees from the past and present. The series starts off with **It Happened One Night** (1934), one of the greatest romantic comedies in film history starring Clark Gable and Claudette Colbert.

Monday, April 5, 10:30 am Games Club

John Goon teaches easy, new games such as Carcassonne, Go, Rummikub, etc. Come join in.

Tuesday, April 6, 10:00 am – 3:30 pm Washington in Bloom Mini Trip

Please see page one for details. Sign up early. Space is limited.

Wednesday, April 7, 10:30 am Poetry with Julia Celebrating National Good Humor Month

Julia Burger from Arts for the Aging highlights humorous poetry. Bring your favorites to share.

Thursday, April 8, 11:00 am The Mediterranean Coast: Slide Show Travelogue

Journey aboard a cruise ship along the coast and inland from Barcelona, to Cannes, Nice, Monte Carlo, Monaco, Florence, Rome, Naples, Greece and Turkey with traveler Cliff Sayre.

12:00 pm Long Branch Senior Advisory Committee Meeting

Friday, April 9, 12:00 pm Classical Musical Program

Singer Beverly Waidler and pianist Lyle Asch perform songs by Puccini, Boehm and Schumann.

11:00 am Alternate Lunch: Cambodian Meal

No nutrition program. You may bring your own or order the Cambodian meal 2 days in advance.

Monday, April 12, 1:00 pm Pizza Party

No nutrition program. Lunch today is pizza and salad. Please bring \$2.00 to pay for your meal.

Tuesday, April 13, 11:00 am Sleep

Getting enough rest is essential to your health and well being. Learn what you can do to get a better night's sleep. Our speaker is from Adventist Health Care

Wednesday, April 14, 10:30 am Santé Discussion Group (English)

Astrid Humanez from the Santé conducts a monthly session on coping with everyday life problems.

10:30 am Videos de personajes, en español

Las vidas de los personajes Joan Baez y Roberto Clemente.

Thursday, April 15, 11:00 Tax Free Tea Dance, JC Combo

See page one for details to this tax free event.

Friday, April 16, 11:00 am Bingo

Bingo is back! Play for prizes or just for fun.

Monday, April 19, 11:00 am Strength Training Demonstration

Fitness instructor Patricia Smith shares tips on how to use the weight room equipment safely and effectively. She'll also share tips on how to set up a weight training program.

Tuesday, April 20, 11:00 am Music Program and Volunteer Recognition

Help us honor our wonderful volunteers. See page one for details.

Wednesday, April 21, 10:30 am Santé Discussion Group (Spanish)

Astrid Humanez from the Santé conducts a monthly session on coping with everyday life problems.

10:30 am Music Bingo

Sing along and discuss music trivia while you play this game.

Thursday, April 22, 11:00 am Emphasis on Emphysema

Dr. Marsha Seidelman from Holy Cross Hospital discusses the symptoms and treatments of emphysema and helps you find ways to breathe easier.

Friday, April 23, 11:00 am Craft Projects

Work on crafts that Long Branch Seniors will be selling at the Community Unity Festival, May 8th.

Monday, April 26, 11:00 am Bunco

This is an easy game to play and lots of fun.

Tuesday, April 27, 11:00 am Volunteers for Hospice

Terminal illness affects more than the body. Karen Nicholson, Assistant Volunteer Coordinator, Montgomery Hospice, explores ways that you can help others during a difficult time of life.

Wednesday, April 28, 11:00 am How to Prevent Identity Theft

Can someone steal your name and social security number? Learn ways to protect yourself from identify theft. Sue Rogan from Montgomery County Consumer Protection is our speaker.

Thursday, April 29, 11:00 am Scenes from a Cafe

The Heyday Players present theatrical scenes centered on a variety of issues confronting Seniors, such as, depression, loneliness and reentering the dating scene.

Friday, April 30, 11:00 am Craft Projects

Work on crafts that Long Branch Seniors will be selling at the Community Unity Festival, May 8th.

Classes and Programs

Bone Builders Osteoporosis Exercise Program Use hand-held weights to perform easy exercises which have been proven to reverse or prevent osteoporosis. Wednesdays and Fridays 1:00 -2:00 pm. To register or for details call Holy Cross Hospital 301-754-8800. No fee.

Cambodian Senior Group meets at Long Branch on Sunday afternoons and Fridays from 9:30 - 11:00 am for T'ai Chi. Cambodian lunch program, Fridays at 11:00 am. Please call Thary Chhim 410-825-6448 for further information and to confirm April dates.

Ceramics Class Instructor Carol Clatterbuck has lots of beautiful spring projects planned for this session. 8 weeks, 1.5 hours, cost \$24, includes cost of the greenware. For those who have ceramics experience, you may opt for open studio, \$12 for 8 weeks, does not include the cost of the greenware. Mondays, 10:30 am - 12:00 pm, April 5 – May 24. Call 301-431-5708.

Current Issues Discuss what's going on in the world with volunteer Jay Kuhn. Mondays 10:00 am. Drop in. No fee.

Computer Classes A maximum of 8 students are in each class. Instructor Emily Pfister. Tuesdays. Call 301-431-5708 for dates for next session and class offerings. Fee.

Computer Tutoring If you have taken a computer class at Long Branch Senior Center, volunteer Edward Ingram is available to give one-on-one help to improve your computer skills. Please call 301-431-5708 to make arrangements.

English Classes Harold Ames gives English instruction Tuesdays, 10:00 am Basic English, 11:00 am Advanced English. No fee.

English Tutoring Jay Kuhn is available for one-on-one coaching and tutoring basic English skills. Thursdays 10:00 am -12:00 pm and by appointment. No fee.

Games Club John Goon teaches games such as, *Carcassonne*, *Go*, *Rummikub*, *Mancala*, and *Othello*. These are all easy to learn games that are fun to play. Meets every Monday at 11:00 am with instruction by John on new games the first Monday of the month. No fee.

Knitting and Crocheting Class Learn to knit or crochet with an expert. Join member Clotilde Ibanez for informal lessons Tuesdays and Thursdays at noon. Yarn and needles provided for beginners. No fee.

Laughter Club Why have a laughter club? It reduces stress, boosts the immune system, provides an aerobic workout for the heart and lungs, improves digestion, stabilizes mood and enhances communication. Tuesdays, 12:30 pm. Drop in. No experience necessary. No fee.

Life Story Writer's Support Group Meets third Wednesday of the month 10 am – 12 noon. Free.

Line Dancing for Seniors Instructor Jerry Doswell enjoys sharing the dances she has learned over the past 10 years. No partner necessary. Fridays at 11:00 am. No fee.

Senior Fit: Flexibility and Strengthening Exercise Program

Designed especially for seniors age 55 and older, this free 45-minute exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Sponsored by Holy Cross Hospital, Kaiser Permanente and Montgomery County Department of Recreation. Permission from your health provider is required before beginning the program. For more information or to request a physician's consent form, please call 301-754-7155. Classes are on Mondays and Wednesdays, 12:00 - 12:45 pm. No fee.

The Retired Senior Volunteers Program (RSVP) makes items for children to help them learn their numbers, colors and letters. For those who knit and crochet, items are made for children and infants. Come lend a hand to help a child, Fridays at 10:00 am. No fee.

Spanish Class Learn functional, conversational Spanish while you have fun. Fridays at 10:00 am with native Spanish speaking instructor Reyna Flores. No fee.

T'ai Chi for Seniors Come experience the gentle stretching and graceful movements and health benefits of T'ai Chi with instructor Glen Shue from Suburban Hospital. Thursdays at 12 noon. No fee.

Vietnamese Senior Association meets every Tuesday, 10:00 am - 2:00 pm at Long Branch Senior Center. Senior Nutrition provides an oriental lunch for participants. (On the second Tuesday of the month all Long Branch Seniors share the oriental meal together.) A Vietnamese-speaking doctor is available for consultations the third Tuesday of every month.

Vision Exercises

Improve your balance and peripheral vision with these simple exercises, Wednesdays at 10:00 am. If you can't get to these sessions, the equipment will be available to practice on your own. No fee.

Walking Program Tuesdays and Thursdays at 12:00 noon. Everyone is welcome for indoor and outdoor walks. All fitness levels will be accommodated. No fee or registration required.

Senior Center Services

Blood Pressure Screening Suburban Hospital's nurse will provide blood pressure screening the first Tuesday of each month, 10:00 am - 12:00 pm.

Exercise and Weight Room Senior Pass Seniors may register to use Long Branch Community Center's exercise and weight room free of charge during Senior Center hours, Monday – Friday, 10:00 am – 2:00 pm. You will also have access to the exercise and weight room at any center that has a senior program during their senior hours at no cost. If you use the exercise room on other days or times, you will have to purchase the regular season pass.

Heartwell Suburban Hospital provides free consultation and monitoring of chronic disease management with a registered nurse at Long Branch Senior Center on Tuesdays, 9:00 am - 3:00 pm. To access services you must: be over 65, have a primary care physician, have a diagnosis of cardiovascular disease, consent to allow the nurse to share health information with individual's physician, and agree to inform the nurse when you are hospitalized.

Mobile Medical Care provides primary healthcare services for patients without health insurance who are residents of Montgomery County, Wednesday, 8:30 am - 4:00 pm. Sign in begins at 8:30 am. Patients are seen in order, first come first served. For further information please call MobileMed 301-493-2400.

Mobile Post Office The United States Post Office comes to Long Branch Community Center Thursdays 9:30 - 10:15 am. It is a full service post office, but it does not sell money orders.

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Call 301-468-4540 or TTY 240-777-6974.

Senior Information & Assistance Client Assistance Worker Anita Joseph from the Montgomery County Department of Health and Human Services will be at the Center the second Tuesday of the month at 11:30 a.m. If you have questions about senior programs and services, you can call her at 240-777-1062 to make an appointment. Bi-lingual Client Assistance Worker, Mariaelena Samayoa, is at the Center the first Thursday of the month, 10 am -2 pm. For appointment call 240-777-3378.

Transportation to Long Branch for Seniors Door-to-door bus transportation to the center is offered Monday-Friday within a limited area. To make arrangements please call 301-431-5708.

This publication is sponsored by Holiday Park Seniors, Inc.